



Josai University

WASHOKU Recipe

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Educational Corporation 50th Anniversary



Josai University  
Department of Clinical Dietetics and  
Human Nutrition, Faculty of  
Pharmaceutical Sciences



# *WASHOKU* Recipe

Josai University Educational Corporation was established in 1965 by the late Mikio Mizuta, a longtime statesman who is regarded as one of the key figures in Japanese postwar economic recovery. He founded the university in the belief that education and developing global human resources are important to the recovery of the nation. The Corporation has continued to grow over the 50 years since, and now operates Josai University, Josai International University and Josai Base College.

Low birth rate and population ageing have altered Japanese demographics drastically in the 21st century; health promotion and disease prevention are now more important than ever before. Josai University has consciously put effort into nourishing medical human resources since its inception, and in 2001, established the Department of Clinical Dietetics and Human Nutrition (DCN) within the Faculty of Pharmaceutical Sciences, to develop nationally registered dietitians who promote human health through proper food and meal.

While Japan is ranked atop the list of countries by life expectancy, we feel it is more important to spotlight “healthy life” expectancy. Food and meal are extremely important to our healthy life. The makeup of Chinese character “shoku,” meaning “food and meal” in Japanese, can be divided into two parts: “good” and “human.” Studies at DCN have always stressed human health through “shoku” (food and meal good for human beings). In the past 10-plus years, more than 1,000 of our graduates have become registered dietitians. They are making contribution to the society, not only in Japan but

globally, by utilizing their knowledge.

We decided to publish this recipe book, written by our faculty members and students at DCN to commemorate the 50th anniversary of Josai University. In 2012, “Washoku” was registered as an Intangible Cultural Heritage by UNESCO, partially owing to its well-balanced and healthy diet. Japanese have always enjoyed “Washoku,” and we would like to think it certainly contributed to our high life expectancy. It would not be an exaggeration to say “Washoku” translates to good health.

“Washoku” has recently become highly popular in many countries around the globe. However, we sometimes find “Washoku” served in foreign countries slightly different from those we enjoy in Japan, especially in terms of taste and presentation. This has led to our ambitious undertaking which culminated in this publication. We made conscious effort to list correct ingredients and describe traditional cooking procedures as accurately as possible. We will find small satisfaction if you would gain better understanding of Japanese food culture through this book, and the dishes you make would contribute to your health.

Josai will continue our effort to nurture the talents of our young people. I wish to ask for your continuous support. Thank you very much.

Josai University Educational Corporation chancellor  
Noriko Mizuta



## ***Washoku* is Japanese Culture**

### **What is *Washoku*?**

In 2012, Japan submitted a nomination that “*Washoku*: Traditional Dietary Cultures of the Japanese” be included on the UNESCO (United Nations Educational, Scientific and Cultural Organization) Representative List of Intangible Cultural Heritage. *Washoku* refers to traditional Japanese cuisine, which can be both tangible and intangible. The word *Washoku* is made up of two parts, “*wa*” meaning Japan and “*shoku*” meaning food, suggesting the food that is closely connected to traditional Japanese culture. (In contrast, the other type of food in Japan is “*yōshoku*”, foreign cuisine (with “*yō*” meaning foreign).

In 1997, George Stanley McGovern (July 19, 1922 – October 21, 2012), a US Senator, reported that many diseases were related to lifestyles, often happening because of diets high in animal products that are high in fat and protein. He mentioned that a Japanese-style diet has less fat and protein and more dietary fiber, vitamins, and minerals. He concluded that the ideal diet is a Japanese-style diet. This report, the McGovern Report, is even now well known.

There were several good reasons to submit *Washoku* to be listed

as part of the Intangible Cultural Heritage of UNESCO. These reasons are as follows:

- 1) Use of a variety of fresh ingredients in ways that bring out their natural taste;
- 2) Contribution to a well-balanced, healthy diet;
- 3) Presentation emphasizes the beauty of nature;
- 4) Connection between specific *Washoku* foods and annual cultural and natural events.

Making *Washoku* is a social practice that reflects Japanese society's spirit of respecting nature. It contributes to having a healthy life, and it strengthens familial and community ties.

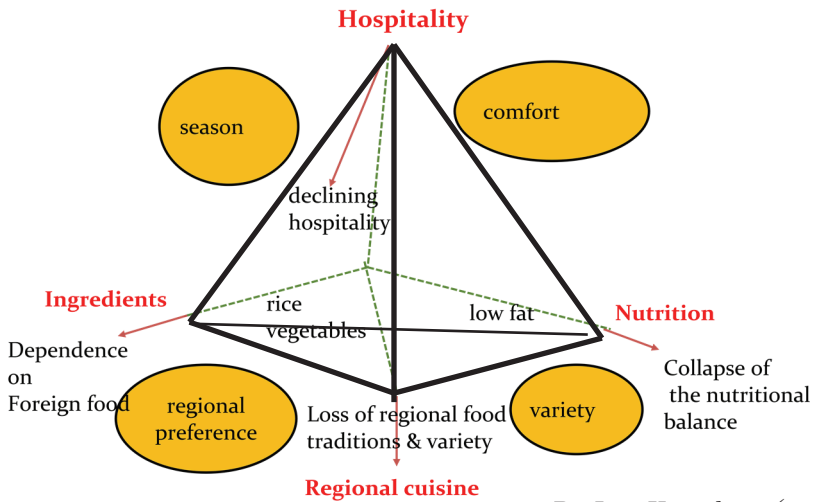
### **The Structure of *Washoku***

*Washoku* is composed of 4 elements, which are as follows:

#### **1) Ingredients**

The islands of Japan extend from the north to the south, beyond the area taken up by the U.S. states Oregon and California. Japan consists of 5 main islands: Hokkaido, Honshu, Shikoku, Kyushu, and Okinawa, along with many small ones. Because of this, the climate varies a lot depending on the latitude. And, the changing seasons have a big impact on the agriculture of Japan. Also, Japan is surrounded by the sea. Therefore, Japanese have enjoyed a variety of food from both the land and the sea.

What is *Washoku*?



*Dr. Isao Kumakura (2012)*

## 2) Nutrition

*Washoku* is characterized by low fat and low use of animal protein, leading to a well-balanced diet. The basic style of *Washoku* can be characterized by the phrase “One soup and three dishes” plus rice. This structure contributes to a healthy

diet.

The “One soup and three dishes” typically includes soup, cooked rice, and pickles.

In this picture, there are stewed vegetables (back





left), grilled fish (back right), and pickles (center). A bowl of cooked rice is supposed to be placed at the front left side of the person, soup at the front right side, and pickles at the center. This style of diet can easily incorporate many nutrients.

### **3) Delightful Regional Cuisines**

Across the 5 main regions of Japan, there are many local cuisines. Each region has special processing and preservation techniques that have been inherited and passed down through the generations.

### **4) Hospitality**

The word we use in Japanese for Hospitality is “*omotenashi*” (o-mo-te-na-shi). At the core of *omotenashi* is attentiveness to the needs of others. The host will be attentive to the guest—creating the atmosphere, sensing the guest’s mood, and feeling the invisible energy pervading the occasion. For the guest’s part, they should be grateful to the host and show this by their good manners and their attitude.

Japanese usually say before eating “*Itadakimasu*” (I-ta-da-ki-mas). After eating, we typically say “*Gochisosama*” (Go-chi-so-sa-ma). These words are not only ceremonial greetings, but they also express the emotion of gratitude for all that is associated with the meal. In other words, *Washoku* has as its source a respect for nature.

## What is *Washoku*?

When	In Japanese	In English
<i>Before eating</i>	<i>Itadakimasu.</i>	I humbly partake. I give thanks for receiving this food
<i>After eating</i>	<i>Gochisosama.</i>	It's been a feast Thank you for the feast. Thank you for the delicious meal

### **The Future of *Washoku***

*Washoku* has changed as it adapts to the trends of the times; it is even now changing. We cannot be sure of the future of *Washoku*. The diets of most Japanese have changed from a primarily *Washoku* diet to a western-style diet. Because of this change, Japanese are now getting more diseases that are caused by copying a western- life-style.

It is important that we remember the well-known proverb in Japan: “He that would know what shall be, must consider what has been.” Like this proverb suggests, though Japanese can accept foods that are new to our culture, it is also valuable to protect and share traditional Japanese foods. We have a precious legacy in *Washoku* that we inherited and which we have a responsibility and the blessing of passing to our descendants.

## Four Key Japanese Seasonings

### Dark Soy Sauce

Dark soy sauce is often used for simmering and at the table. It is also used as a dipping sauce for sashimi (sliced raw fish) and sushi. Dark soy sauce has only about 87% of the salt content of light soy sauce.

### Vinegar

Vinegar is often used in vinegared dishes and in sushi (as in sushi rolls). Several kinds of vinegars are made in Japan, many of them fermented from rice and having about 4.2% acidity. They are usually fairly mild in flavor. Non-rice vinegars do not make suitable substitutes in Japanese cooking. Naturally-brewed vinegars are expensive but very good. Best of all is *genmai mochigome su*, the hard-to-come-by vinegar made from unpolished (brown) glutinous rice.

### Miso

*Miso* is used in various dishes including *miso* soup, simmered mackerel, and *Saikyo*-style grilled fish. It is one of the indispensable Japanese seasonings. *Miso* is a fermented paste of soybeans usually combined with either barley or rice, with salt added. Its predecessor came to Japan from the Asian mainland sometime between the sixth and seventh centuries. *Miso* is an



What is *Washoku*?

essential Japanese condiment and ingredient. It is not only a basic ingredient in cooking—and the key to *miso* soup, but it is also often used as a flavoring. *Miso* is highly savory both in taste and aroma, almost meaty. It has about 14% high-quality protein and 5 to 12% salt. *Miso* is highly nutritious.

### **Mirin**

*Mirin* is sweet cooking *sake* (rice wine). It is used for adding a rich taste and sweetness to foods, as well as for glazing. It is frequently used for simmering dishes like *Chikuzen*-style simmered vegetables, simmered beef and tofu, and braised meat and vegetables.

## Rice with *Shimeji* mushrooms

(*Shimeji gohan*)



### Ingredients (Makes 4 servings)

320g rice  
 80g *shimeji*  
 8g sake  
 16g deep-fried bean duff (*abura-age*)  
 12g ginkgo nuts  
 440g *dashi* stock  
 24g light soy sauce (*usukuchi-shoyu*)  
 12g sweet sake (*mirin*)  
 8g sake  
 1.2g salt  
 20g green leaf (*ito-mituba*)

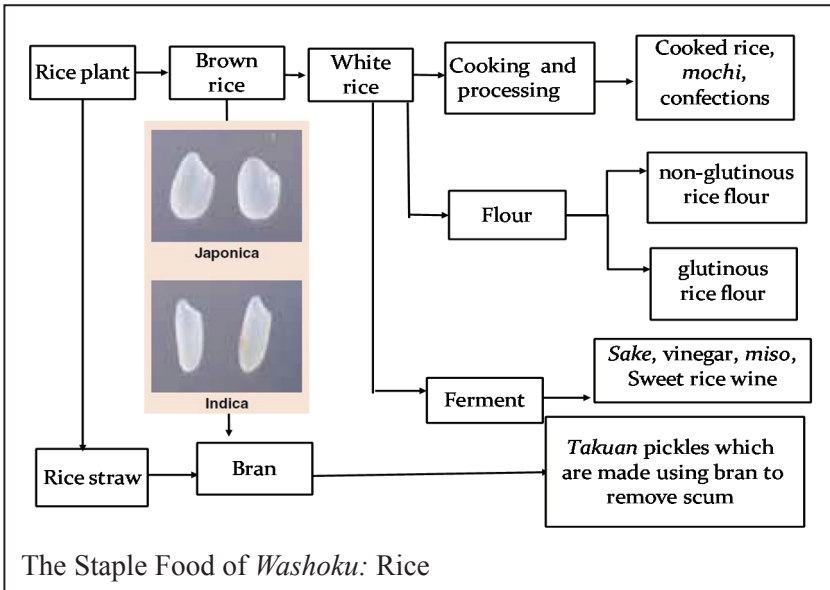
### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
327	7.0	2.2	66.4	24	1.0	1.4	1.4

### Directions

1. Wash and rinse rice for three times.
2. Drained the washed rice with a strainer.
3. Cut off the root of *shimeji* mushrooms and split well.

4. Add *shimeji* mushrooms and sake into a pot and heat it over, Stir well to remove moisture.
5. Wash the deep-fried tofu with hot water to remove excess oil.
6. Squeeze the washed tofu to remove the moisture.
7. Cut the tofu into 3 equal portions and slice finely.
8. Cut *mitsuba* into 2cm long and blanch them.
9. Put rice and soup stock into rice cooker. Leave it soaks for about 30 minutes. Cook rice with seasoning and other ingredients.
10. Once it is cooked, mix the rice and ingredients well.  
Serve it in a bowl and sprinkle some *mitsuba* on top of the rice.





## Garnished *sushi*

(*chirashi-sushi*)

**Ingredients** (Makes 4 servings)

### *Sushi-meshi*

400g rice

12g *sake*

4g dried seaweed (*konbu*)

50g water

### Seasonings (*awase-zu*)

60g grain vinegar

20g sugar

3.2g salt

### 1. Thin omelette

200g eggs

8g sugar

0.8g salt

12g vegetable oil

### 2. Shrimp

60g *shiba* shrimp

2g sugar } dipping soup

4g *sake* }

### 3. Boiled and seasoning

8g dried Japanese mushroom (*hoshi-shiitake*)

4g sugar

4g soy sauce



60g *dashi* stock

#### 4. Sweet sour Lotus pickles

60g east Indian lotus root rhizome

32g grain vinegar

16g sugar

0.4g salt

16g sweet *sake* (*mirin*)

32g *dashi* stock

#### 5. Sweet fish flake (*denbu*)

32g Pacific Cod fishes

#### 6. Field pea

28g immature pods (*sayaendo*)

#### 7. Seaweed flake

4g purple laver toasted (*nori*)

#### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
582	18.7	9.4	100.8	78	2.3	2.5	2.1

#### Directions

1. Wash and rinse rice for three times. Drained the washed rice in a strainer for 30 minutes
2. Add rice, sake, water into a pot. Mix well. Then, add *konbu* and leave it soak for 20 – 30 minutes.

3. Remove the *konbu* and cook the rice with a rice cooker. Move the cooked rice to a bowl which is moistened with water. Mix the rice quickly and well with vinegar. Cool the rice to human body temperature. Cover the rice with a wet dishcloth to avoid it from drying.
4. Break eggs into a bowl. Add seasoning and beat well. Heat oil in a fry pan. Pour a small portion of the mixture (about one egg) per time into the fry pan and spread it into thin layer. Cut the omelettes into thin strips when they are cooled.
5. Devein shrimps with a bamboo skewer. Remove the sharp points from the central and the tail of the shrimps. Stretch the shrimp and thrust a bamboo skewer along the stretched shrimps.
6. Boil the shrimps in hot water and cool it in cold water.
7. Shell the shrimps and cut the shrimps open from ventral part. Shape the shrimps and soak the shrimps in soup to prevent from drying.
8. Wash the dried *shiitake* and soak them in water. Remove the stems.
9. Add seasoning and boil the *shiitake* in broth until the broth is slowly dried up.
10. Peel lotus root and slice the lotus root into thin (2mm to 3mm) slices. Add some vinegar into water and soak the thin

slices of lotus root in the water. Boil it. While it is still hot, soak the thin slices of lotus root in sweetened vinegar.

11. Remove the strings snow peas. Boil them in salt water and cool them with cold water.
12. Serve the rice of a plate and scatter eggs, snow peas, lotus root, shrimps, mashed and seasoned fish, *shiitake* and shredded *nori* on the rice.

### **The 50<sup>th</sup> Anniversary of Josai University Educational Corporation**

#### **The Opening of Mizuta Mikio Memorial Museum**

Josai University Educational Corporation, which was founded in 1965, is celebrating its 50th anniversary of the founding in 2015. To commemorate its 50th anniversary, we have reviewed the founder's prominent footprints as a great man, shared the founder's philosophy and belief. Therefore, we have decided to establish Mizuta Mikio Memorial Museum.

The founder, Mikio Mizuta was brought up as a hardworking person in Soro village, Chiba Prefecture. After graduating from Mito High School, he proceeded to Kyoto University. As a politician, he involved in national politics and made a great contribution to the growth and restoration of Japan's post-war economy. We would love to take this opportunity to present his deep affection towards his hometown throughout his lifetime; and his enthusiasm in education in the journey of founding Josai University.

## Rice with Green Soybeans and Small Fish

(*aodaizu jako gohan*)

### Ingredients (Makes 4 servings)

240g rice

48g green soybean

40g boiled and dried baby sardines  
(*Chrimenjako*)

2.4g salt

14.4g soy sauce



### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
249	8.2	1.8	47.8	34	0.8	1.1	1.5

### Directions

#### Green Soybeans

1. Wash the green soybeans well and soak them in water (the amount of water is about 3 times more than the green soybeans) for approximately 8 hours.

## Grain dishes

2. Boil the green soybeans. Once it is boiled, add one tablespoon of salt and continue to boil until the soy beans are soften.
3. When the soybeans are cooked, drain them in a strainer.

## Rice

1. Wash and rinse rice. Add salt, soy sauce and dried small sardines and cook it.
2. Once the rice is cooked, add the green soybeans and mix well.



**Mizuta Mikio Memorial Museum**

**Cooked Rice***(Gohan)***Ingredients** (Makes 4 servings)

320g rice

480g water



## Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
285	4.9	0.7	61.7	4	0.6	0.4	0.0

**Directions****How to wash rice**

1. Put the rice in a large bowl, add ample water, stir quickly and discard the whitish water immediately. Dry rice quickly absorbs water; to ensure that the rice does not absorb water from the first rinse, discard the water after the first rinse immediately. (Washing the rice is important because it can reduce the arsenic found in some rice.)
2. Wash the rice by pressing down on it with the palm of your hand. Add fresh water, rinse the rice and then discard the water. Repeat this process 3 or 4 times until the water becomes clear.
3. Drain the rice in a sieve.



### **Using a Pot with a Lid**

1. Place the washed rice and measured water into a heavy pan, and leave to soak for 30 minutes.
2. Cover the pan and put over high heat. (You will be cooking the rice by steaming it with the lid on.) Bring to a boil, reduce the heat to medium to prevent it boiling over, and cook for 7-8 minutes more, and then simmer for about 15 minutes more. (You can further adjust the heat, but even if it looks about to boil over, do not remove the lid.)
3. Finally, if there is any excess water, turn the heat back to high for 30 seconds, evaporate any excess water, and turn off the heat and take the pot off the stove.
4. Leave the rice to steam for 10 minutes with the lid on.
5. With a wet wooden spatula or a rice paddle, lightly turn over and mix the rice to let the steam escape. (If the rice is not mixed, condensation from the lid will drop back into the rice.)

### **Using a Rice Cooker**

Electric rice cookers are popular in Japan. They are very convenientx the rice to washed rice and measured water to the rice cooker and switch it on. Many rice cookers have a timer, so you can set the cooker to finish cooking the rice when the rest of your meal will be ready.

**Mixed Rice***(Gomokumeshi)***Ingredients** (Makes 4 servings)

- 320g rice
- 432g *dashi* stock
- 48g chicken
- 2g soy sauce
- 2g *sake*
- 16g deep-fried bean curd (*abura-age*)
- 24g carrot
- 8g dried Japanese mushroom (*hoshi-shiitake*)
- 20g soy sauce
- 8g sweet *sake* (*mirin*)
- 16g *sake*
- 12g green peas

## Nutrition Information per Servings

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
338	9.6	2.3	66.1	24	1.0	1.6	0.9

**Directions**

1. Wash and rinse rice for three times.
  2. Drained the washed rice in a strainer for 30 minutes.
  3. Wash the deep-fried tofu with hot water to remove excess oil.
  4. Squeeze the washed tofu to remove the moisture.
  5. Cut the tofu into 3 equal portions and slice finely.
  6. Cut the carrot into 2cm long strips.
  7. Soak the *Shiitake* into lukewarm water and cut off the stems.
  8. Cut the *Shiitake* into two equal pieces and slice finely.
  9. Cut the chicken into 1cm cubes and soak them into a mixture of soy sauce and *sake*.
  10. Add *dashi* stock, seasoning and other ingredients into the pot and mix them well.
  11. Cook the mixture using a rice cooker.
  12. Decorate the cooked Japanese Mixed Rice with boiled green peas.
- \*If rice cooker is not used, please refer to the cooking instructions of white rice.

## Red Rice with *Adzuki* Beans

(*Sekihan*)

### Ingredients (Makes 4 servings)

400g glutinous rice  
 40g *adzuki* bean  
 6g black sesame seed  
 1.2g salt



### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
232	6.6	1.4	48.2	33	1.1	3.7	0.3

### Directions

1. Wash *Adzuki* beans with plenty of water in a pot.
2. Add water (7-10 times more than the *Adzuki* beans in the pot) and boil it.
3. Once it is boiled, reduce to low heat and simmer for about 30 to 40 minutes.
4. Separate the beans from the broth and cool it.
5. Wash glutinous rice and soak with the broth of *Adzuki* beans for approximately 3 hours.

6. In a steamer, lay a piece of dishcloth, add glutinous rice and *Adzuki* beans, and steam over a high heat for approximately 40 – 45 minutes.
7. While steaming, remove the lid for 2 to 3 times to sprinkle some water to regulate the softness of the glutinous rice and *Adzuki* beans.
8. Serve in a bowl and sprinkle some salt with black sesame seeds.

**More about Rice:**

There are two types of rice in Japan: *nonglutinous Japonica* (used for basic cooking), and *glutinous mochigome* (used for making things like *mochi*, Japanese rice cakes). Since Japan is a country that consumes a lot of rice, there are popular brands of rice—their popularity depends on the type of rice and on where it was grown. Famous brands include *Koshihikari* from Niigata and *sasanishiki* from Yamagata Prefecture.

## Clean Soup

(*sumashi-jiru*)

### Ingredients (Makes 4 servings)

- 8g Japanese dry baked wheat gluten (*yaki-hu*)
- 40g trefoil (*mitsuba* leaf)
- 3.8g salt
- 6g light soy sauce (*usukuchi-shoyu*)
- 4g *sake*
- 720g *dashi* stock



### Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
15	1.3	0.3	2.1	11	0.2	0.3	1.1

### Directions

1. Use the best soup stock.
2. Soak wheel-shaped gluten cake into water and freeze to remove water.
3. Add soup stock in a pot and heat it on stove.
4. Add sake, salt, and soy sauce and simmer.
5. Once it is boiled, turn off the fire immediately.
6. Cut Mitsuba into 3cm length and add into soup before serving.

## Cold soup with green soybean and Japanese basil

(Cold soup with *edamame* bean and *ao-jiso*)

### Ingredients (Makes 4 servings)

- 180g green soybeans (No skin)
- 4g Japanese basil (ao-jiso)
- 170g *dashi* stock
- 100g fresh cream
- 160g milk
- 2g salt
- 1.2g white pepper



### Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
217	11.1	15.7	7.8	99	1.6	2.7	0.7

### Directions

1. Get the soup stock ready.
2. Boil soybeans and remove the skin.
3. Remove the stems of Japanese basil and blend it finely with a mixer.
4. Add the green soybeans and half of the soup
5. stock into 3. Blend well.

6. Add fresh cream, milk, the remaining of *dashi* stock into 4, season with salt and pepper.
7. Pour the soup into a cup and chill in the refrigerator.

### About the Mizuta Collection

The contents of the Mizuta collection, consisting of paintings and prints centered on yakusha-e(actor prints) and bijin-ga(pictures of beautiful women) by Hishikawa Moronobu, the Torii School, Suzuki Harunobu, the Katsukawa School, Torii Kiyonaga, Kitagawa Utamaro, Katsushika Hokusai, and others, and ranging in time from early days of ukiyo-e to the end of the Edo and Meiji periods, makes it possible to systematically survey the development of ukiyo-e. A particular feature of the collection is the valuable inclusion of nine woodblock prints by the internationally acclaimed Tōshūsai Sharaku.





## Dumpling Soup with *tofu*

(*tofu-no-suitonshiru*)

### Ingredients (Makes 4 servings)

80g *tofu*  
 88g wheat flour  
 20g skimmed milk powder  
 80g chicken  
 40g white radish  
 32g carrot  
 80g Chinese cabbage  
 520g *dashi* stock



### Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
171	8.3	4.9	22.1	111	0.8	1.2	0.3

### Directions

1. Add *tofu*, wheat flour and skim milk in a bowl. Crush and mix well to make dumpling.
2. Cut chicken meat into bite-size. Cut Japanese white radish and carrot into quarter and cut Chinese cabbage into rectangle.

3. Heat some oil in a pan. Stir fry chicken and add in soup stock.
4. Add vegetables and continue to boil.
5. Spoon up and drop bite-sized dumpling into the soup.
6. Season with salt.

### **Seiko Mizuta Memorial Rose Garden**

The Seiko Mizuta Memorial Rose Garden was created to honor the achievements of the founder of Josai Junior College Honorary Chancellor Seiko Mizuta as well as to commemorate the 30th anniversary of the founding of Josai Junior College, the 40th anniversary of Josai University Faculty of Pharmaceutical Sciences. We hope that it will become a place where students, alumni and those in the region would be able to extensively enjoy the garden through various events and activities, such as for a place of respite among students, a homecoming for alumni, Christmas events and garden projects.



## Miso Soup (*tofu* and seaweed) (*tofu* and *wakame*)

### Ingredients (Makes 4 servings)

150 g *tofu*

40 g salty seaweed (*wakame*)

12g *Shinshu miso*

10 cm kelp (*konbu* )

30 g bonito flakes (*katsuo-bushi* )

800g water

} *dashi* stock



### Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
4	0.6	0.0	0.6	6	0.0	0.0	0.2

### Directions

#### How to make *dashi* stock

1. Wipe both sides of the *konbu* with a wet cloth. Place water and *konbu* into a pan, and leave for about 20 minutes.
2. Place over high heat; remove *konbu* just before it comes to the boil.

3. Add *katsuo-bushi* immediately, and reduce heat to low for 3 or 4 minutes. Turn off heat; leave it to settle to the bottom of the pan.
4. Drain through a sieve.

### How to make *miso* soup

1. Cut *tofu* into 1/2-inch cubes.
2. Soak *wakame* in water and cut into 1.5-inch square pieces.
3. Bring *dashi* stock to the boil, add and bring back to the boil, then reduce heat to low.
4. Put *miso* into a *miso* sieve and use a wooden spatula to dissolve the *miso* into the pan of *dashi* stock. The fragrance of *miso* will evaporate if it is left on the heat, so turn off the heat before adding the *miso*.

#### **More about *Miso*:**

*Miso* is a traditional fermented seasoning in Japan. There are three main types of *miso*: red, white, and yellow. Red *miso* is flavorful, white *miso* is sweet, and yellow *miso* is in between. People use the different types of *miso* in different ways, according to their tastes, and there are also regional preferences. However, yellow *miso* is the one most commonly used in making *miso* soup. *Miso* contains a lot of nutrients. Especially high in amino acids. *Miso* has been supported the Japanese health. Please try to taste delicious Japanese *miso* soup!

## Miso Soup (white radish and deep-fried bean curd) (*daikon* and *abura-age*)

### Ingredients (Makes 4 servings)

30g white radish (*daikon*)  
 5g deep-fried bean curd  
 (*abura-age*)  
 3g green spring onion  
 12 g *miso*  
 720g *dashi* stock



### Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
52	3.2	2.4	4.7	42	0.8	1.1	1.7

### Directions

1. Cut radish into 5cm length. Peel the skin and chop well.
2. Boil deep-fried bean curd to remove excess oil. Cut the deep-fried bean curd into half and then cut it into 3mm width.
3. Cut the spring onion into small pieces.
4. Add soup stock into a pot. Add radish and boil it over medium heat.

5. Once it is boiled, add deep-fried bean curd into the pot.
6. When the radish is softened, add *miso* into the pot.
7. Boil the soup again and turn off the fire immediately once it is boiled. Add in spring onion before the *miso* soup is served.

**Additional Tips for Making *Miso* Soup:**

- ♦ Never boil the soup once you have dissolved *miso* into it, because boiling will spoil the flavor of the *miso*.
- ♦ Add *miso* gradually while adjusting the taste, as, if you put the *miso* in all at once, you cannot make adjustments.
- ♦ If two different types of *miso* are combined, the flavor of the soup will be further enhanced.
- ♦ Some other popular ingredients for *miso* soup are clams and other small shellfish, pork, *nattō* (fermented soybeans), *aburage* (deep-fried tofu), leeks, onions, spinach, potatoes, *daikon* radish, and *nameko* mushrooms.

**More about *Dashi*:**

*Dashi* stock made with *konbu* and *katsuobushi* is one of the basic ingredients of Japanese cooking. This stock is used in a wide range of recipes for soups, stews, and salads. It is handy to make a large amount and keep some in the freezer. You can also make or buy other *dashi* stocks that are made from only dried fish or only from *konbu*.

## Salted Grilled Horse Mackerel

(*aji-no-shioyaki*)

**Ingredients** (Makes 4 servings)

- 150g horse mackerel
- 1g salt
- 40g white radish (*daikon*)
- 2g soy sauce
- 10g pickled ginger (*hajikami*) (see below)



### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
195	31.4	5.3	3.2	55	1.2	0.8	2.0

### Directions

1. From the tail upward, scrape off the hard scales (*zeigo*) with a knife. Turn the fish over and repeat.
2. Pull out the gills and cut out.
3. Make a slit under the pectoral fin, and scrape out the guts from the belly with the point of a knife.
4. Wash the inside of the belly with water.

### How to grill fish

1. Sprinkle salt all over the fish; leave for 5 minutes to allow the salt to seep into the fish. (The decorative salting will prevent the fins from scorching and help them retain their shape.)
2. Pre-heat the grill well. (Either preheat the grill well, or coat it with oil using a brush, to prevent fish from sticking to the grill.) Place the side of the salted fish that will face up when served down so that it touches the grill. (This is the presentation side.) Grill the first side of the fish over high heat.
3. When the fish is grilled a golden brown, turn it over, grill over a high heat at first, and then slowly grill over a medium heat until it is cooked through.
4. Peel the *daikon* and grate it with a grater. Squeeze out the juice lightly. (This is called “*daikon-oroshi*”, grated *daikon*.)
5. It is traditional in Japan to use a rectangular or flat plate for grilled dishes. This is the usual, and attractive, way to present this dish: Lay the fish on a plate so the head is facing the left and the belly is to the front. (The top is called “*omotegawa*” and the underside is called the “*uragawa*”.) Then, put the grated *daikon* beside it, and add a few drops of soy sauce, finally garnishing with *hajikami* or *tofu* if available. When adding relish to the plate, place it at the front.



**Additional Tips on Eating and Cooking Fish:**

Fish that require no preparation are popular for breakfast: dried horse mackerel, salted salmon, etc.

There are also fish that are delicious eaten whole, without removing the guts, such as mackerel, pike, and *ayu* (Japanese river trout).

**More about Hajikami or Pickled Ginger:**

*Hajikami*, also known as *Yanaka shouga*, is a common accompaniment served with fish recipes. It is similar to *gari*, sweet pickled sliced ginger and *beni shouga*, red pickled ginger. The type of ginger that is used depends on the type of food.

**How to clean a cutting board:**

Remember to use one side of your cutting board for seafood and the other for vegetables or two separate cutting boards.

If the smell of seafood has lodged in your board, use bleach to disinfect it and then wash it with hot water to clean it.

## Simmered Japan specialty food (*takiawase*)

### Ingredients (Makes 4 servings)

#### *Kori Tofu*

- 80g *kori-tofu*
- 8g light soy sauce  
(*usukuchi-shoyu*)
- 16g sugar
- 24g sweet sake (*mirin*)
- 1.2g salt
- 8g *sake*
- 280g *dashi* stock

#### **Mushroom (*shiitake*)**

- 40g Japanese mushroom raw (*shiitake*)
- 2.4g light soy sauce (*usukuchi-shoyu*)
- 4g sugar
- 4g sweet *sake* (*mirin*)
- 4g *sake*
- 40g *dashi* stock

#### **Carrot (Decoration cut to floral pattern)**

- 40g carrot
- 8g sweet *sake* (*mirin*)
- 0.8g salt
- 80g *dashi* stock



**Chicken**

160g chicken

0.8g sugars

8g sake

8g sweet sake (*mirin*)

32g soy sauce

320g *dashi* stock**Green beans**160g green beans (*sayaingen*)

## Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
217	18.7	8.7	14.0	147	1.8	1.2	1.6

**Directions**

*Takiawase* consists of five separately cooked dishes which are finally served as a platter.

***Kori Tofu***

1. Soak *kori tofu* in plenty of water. Cut into half and drain with hands.
2. Put soup stock, seasonings and *kori tofu* into a pot, cover the pot with aluminum foil and simmer in low heat.

### **Japanese Mushrooms (*shiitake*)**

1. Remove the stems of *shiitake*.
2. Decorating *shiitake* by slightly cutting it with knife.
3. Simmer *shiitake* in a pot with soup stock and seasoning.

### **Carrots**

1. Cut about 8 round slices of carrot and cut the slices into star-shape.
2. Simmer carrots in a pot with soup stock and seasoning in low heat.

### **Chicken**

1. Cut chicken into bite-size.
2. Simmer chicken in a pot with soup stock and seasoning in low heat.

### **Green Beans**

1. Boil green beans in water with some salt.
2. Cut the green beans into 3 cm length.

### **Tips on Cleaning up after Cooking Fish**

#### **How to remove the smell of seafood from your hands**

Even with soap, it is hard to wash away the smell of seafood from your hands. Try using citrus juice, like lemon juice, to clean them. Vinegar is useful for washing your sink; not only will it help with the smell, it has antiseptic properties.

## Simmered fish in Soy Sauce

(*nizakana*)

**Ingredients** (Makes 4 servings)

### Simmered fish

320g Alfonsino raw (*kinmedai*)

32g soy sauce

40g *sake*

8g sugar

12g sweet *sake* (*mirin*)

160g water

4g ginger



### Boiled okra

40g okra

### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
163	15.1	7.2	5.4	37	0.4	0.5	1.2

### Directions

1. Boil sliced gingered and seasoning in a shallow pan.

2. Once it is boiled, add fish into the shallow pan with its skin facing up.
3. Cover the pan with aluminum foil and cook until the broth is about half left.
4. Boil okra in water with a little salt.
5. Cut okra into half and serve.

### Overview of Museum

In 1979, the Mizuta Museum of Art, Josai University was founded in a wing on the eighth floor of the Mizuta Memorial Library. In December 2011, the current art museum opened as part of the university's 45th anniversary celebrations. The Mizuta collection focuses on the ukiyo-e collection that Mikio Mizuta, the founder of the school, had gathered before his death. The Mizuta collection consists of over 200 pieces that focus on ukiyo-e. Through these pieces visitors can trace the process of ukiyo-e's development from the early stage to modern Japanese painting. Also, the museum owns nine of Sharaku's works including rare woodblock prints. In keeping with university events, the museum will present a variety of exhibitions at the core of the Mizuta collection in the spring and fall.

The museum's goal is to be loved as well as supported by the students, their parents, and local community.



## Minced fish grilled Horse mackerel

(*aji-no-tumireyaki*)

**Ingredients** (Makes 4 servings)

### Horse mackerel

- 280g horse mackerel raw
- 140g *Momen-tofu*
- 4g ginger
- 40g egg
- 1.2g salt
- 16g soy sauce
- 16g Rice-*koji-miso* (Dark yellow type)
- 12g *sake*
- 16g sweet *sake* (*mirin*)
- 4.8g sugar
- 10g potato starch
- 8g leak (*konegi* leaves)
- 40g edible burdock
- 40g carrot
- 24g vegetable oil (for cooking)



### Grated radish

- 280g white radish (*daikon*)
- 4g perilla leaves (*ao-jiso*)
- 12g soy sauce

## Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
285	4.9	0.7	61.7	4	0.6	0.4	0.0

**Directions**

1. Cut the horse mackerel to three slices (2 sides sections and 1 middle section). Use 2 side sections. Peel it into three or four equal parts.
2. Cut the tofu into 6 equal parts, boil it and drain it.
3. Mince the chives.
4. Shred the burdock roots and boil and immerse in thin vinegar. Squeeze to drain.
5. Chop the carrots and peel off the gingers.
6. Put the horse mackerel into the food processor to rough chopped and add *tofu* and seasonings.
7. Add potato starch to harden the mixture.
8. Put the mixture in the bowl and add 3, 4, 5 and mix them well.
9. Apply oil on hand and shape the mixture into oval shape. Each piece is called as *tumire*.
10. Heat the oven to 180 and bake the *tumire* for 10-12 minutes.
11. Make the *daikon-oroshi* and put in a dish with perilla leaves.



Potato Croquette

(poteto korokke)

Ingredients (Makes 4 servings)

Potato Croquette

- 240g potato
- 60g onion
- 60g minced bee
- 12g salted butter
- 1.6g salt
- 0.1g mixed pepper
- 8g sake
- 12g fresh cream

Coating

- 40g wheat flour
- 40g egg
- 40g bread crumbs (wet form)

Cooking oil

- 30g vegetable oil



Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
271	7.2	15.2	24.5	17	1.0	1.6	0.6

**Directions**

1. Place the potatoes in a pot filled with water, and bring to the boil.
2. When the potatoes are tender enough, discard the hot water and peel the potatoes.
3. Place the peeled potatoes in the same pot, and mash with a potato masher while evaporating the moisture remaining in the pot over a low heat.
4. Chop the onion. Place the butter in a frying pan and fry the chopped onion until tender.
5. Add the minced beef, salt, pepper and sprinkle *sake*.
6. Mix the ingredients and fresh cream to the mashed potatoes. Spread the mixture on a tray and let stand until cool.
7. Take a small amount of the mixture and form it into oval shape. Repeat this for all the remaining mixture.
8. Coat each of the oval shape portions with the flour, beaten eggs and breadcrumbs.
9. Fry the oval shape portions in oil at 180 C.

## Deep-Fried Horse mackerel

(*azihurai*)

### Ingredients (Makes 4 servings)

300g	small horse mackerel	
2g	ginger	} <b>A</b>
9g	soy sauce	
4g	<i>sake</i>	
10g	potato starch	
33g	vegetable oil	
10g	onion	
3g	garlic	
5g	sesame oil	
0.3g	red pepper	} <b>B</b>
11g	vinegar	
11g	water	
2g	sugar	
7.5g	<i>sake</i>	
9g	soy sauce	
15g	water	
5g	potato starch	
10g	sprouts radish	
0.5g	white roast sesame	



## Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
813	64.2	48.9	19.6	103	2.7	0.8	3.5

**Directions**

1. Chop off the root part of the radish sprout and cut it into half.
2. Peel the garlic and chop the garlic finely.
3. Slice the onion and rinse in cold water and drain it.
4. Remove seeds of the red pepper and cut it into cube size of 2mm.
5. Make a slit on the belly of the horse mackerel, wash well inside of the belly under running water and wipe dry. Place the fish in a bowl and mix with the seasoning of **A**.
6. Sprinkle the potato starch on the both side of the fish.
7. Fry in oil at 160-170 C. When the surface of the fish hardens and becomes golden brown, reverse to fry the fish over medium heat.
8. Heat the sesame oil in a pan, and fry the garlic and onion until tender, make the sauce by mixing the material of **B**.
9. Put potato starch into the pan, while attention to the degree of fire.
10. Arrange small horse mackerel to a dish, and put the sauce, and finally topped with sprouts radish, completed sprinkle roast sesame.

## Dressed Cucumber in a Salt

(*kyuuri-no-shiomomi*)

### Ingredients (Makes 4 servings)

360g cucumber

3.2g salt



### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
13	0.9	0.1	2.7	24	0.3	1.0	0.8

### Directions

1. Slice the cucumber thinly.
2. Dust the cucumber with salt.
3. Let the cucumber set until soften.
4. Squeeze the cucumber to drain with hands.

**Simmered pumpkin***(kabocha-no hukumeni)***Ingredients** (Makes 4 servings)

320g pumpkin

20g sugar

12g sweet sake (*mirin*)

1.2g salt

8g light soy sauce (*usukuchi-syoyu*)160g *dashi* stock28g green beans (*sayaendo*)

## Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
104	2.0	0.3	23.5	16	0.5	3.0	0.7

**Directions**

1. Remove the pumpkin seeds with spoon.
2. Cut pumpkin into bite-sized pieces.
3. Place the pumpkin in a pan and add enough water with *dashi* stock that the pumpkin is completely submerged.

## Vegetable dishes

4. Bring it to boil.
5. Place the pumpkin in a pan and add enough water with *dashi* stock that the pumpkin is completely submerged. Bring it to boil.
6. When it begins to boil reduce the heat to low.
7. 3 minutes after boiling, add sugar and *mirin*.
8. Add salt and light soy sauce, cover with aluminum foil and simmer over a low heat.

### **Noriko Mizuta Josai 50**

Josai University Pharmacology Cooperation Association, which represents the Parents' Association of the Faculty of Pharmaceutical Sciences of Josai University, presents this Patio Rose plant to Chancellor Noriko Mizuta on the occasion of the 50th anniversary of the founding of Josai University and the 40th anniversary of the creation of the Faculty of Pharmaceutical Sciences.



This refined Patio Rose has an elegant fragrance and large pink flowers and is named “Noriko Mizuta Josai 50”.

We hope that this rose will prosper and grow in the care of the current

Noriko Mizuta Josai 50

Country of Origin / Year : Japan / 2014  
species : Patio Rose

## Marinated Spinach

(*ohitashi*)

### Ingredients (Makes 4 servings)

- 280g spinach
- 12g soy sauce
- 16g *dashi* stock
- 1.2g sweet sake (*mirin*)
- 4g bonito flake (*kezuri-bushi*)



### Nutrition Information per serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
20	2.5	0.3	2.6	36	1.5	2.0	0.5

### Directions

1. Wash the spinach leaves and boil it.
2. After boiling, drain the spinach leaves and shred into 3cm.
3. Mix the *dashi* stock and seasonings. Add 1/3 of it and squeeze it lightly.
4. Add the rest of the seasonings and mix them.
5. Serve in the dish and add the *kezuri-bushi* on top of the vegetables.



**Burdock kimpira***(kinpira-gobou)***Ingredients** (Makes 4 servings)

200g burdock  
 60g carrot  
 80g konjak (Made from corm)  
 0.2g red pepper powder  
 8g vegetable oil  
 12g sugar  
 12g sweet *sake* (*mirin*)  
 16g soy sauce  
 1.2g salt  
 12g *sake*  
 20g *dashi* stock



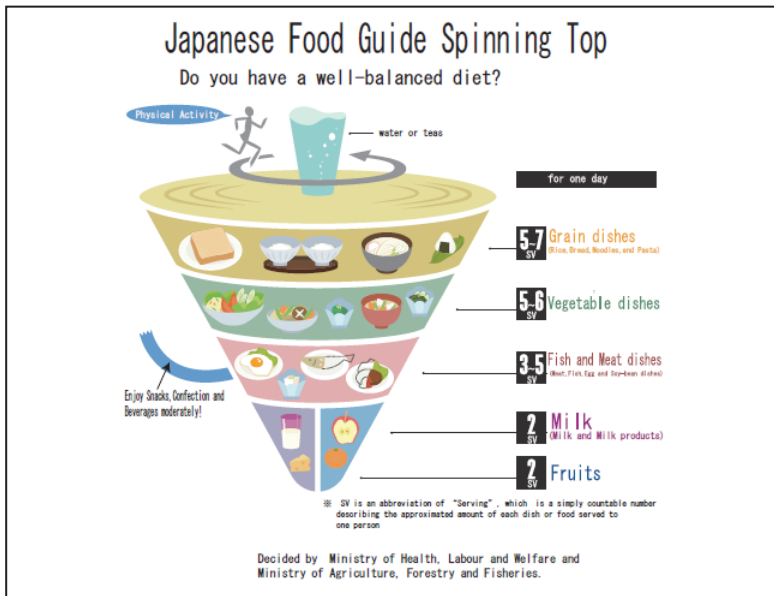
## Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
83	1.4	2.1	14.6	42	0.6	3.8	0.9

## Vegetable dishes

### Directions

1. Scrape off the skin of the burdocks, rinse in cold water, cut into 4cm strips and keep in cold water.
2. Peel the carrots, and cut thinly into strips of a similar size to that of the burdocks.
3. Remove the stalk and seeds of the red pepper, and cut thinly.
4. Place the oil in a pot, and fry the burdocks gently.
5. Add the carrots, and fry briefly.
6. Add the red pepper from step 3, cooking *sake*, sugar, soy sauce and *mirin*, and fry until all the liquid is gone.
7. Sprinkle on the white parched sesame before serving.



**Dressed Vegetables in a *tofu****(shiraae)***Ingredients** (Makes 4 servings)

- 100g leafy greens (*komatuna*)  
 80g carrot,  
 80g konjak (Made from corm)  
 4g dried Japanese mushroom  
*(hoshi-shiitake)*  
 80g *dashi* stock  
 6g sugar  
 8g soy sauce  
 20g sesame seed  
 100g *kinugoshi-tofu*  
 24g light soy sauce (*usukuchi-syoyu*)  
 1g salt  
 10g sugar

**Nutrition Information per Serving**

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
78	3.5	3.6	9.8	135	1.7	2.7	1.5

### Directions

1. Boil the konjak , cut into rectangles.
2. Cut the carrot into rectangles also.
3. Remove the sting and tops from the green beans, boil and slice diagonally.
4. Put 1 and all the sauce ingredients into a pan, place over medium heat.
5. Simmer until most of the liquid has gone.
6. Strain and leave to cool.
7. Parboil the *tofu* and drain.
8. Toast the white sesame seeds in a pan
9. Grind the white sesame seeds in a grinder, add *tofu* and grind, then add all the sauce (*aegoromo*) ingredients, and grind well.
10. Add 2, and mix well.

### Point

Because it is less watery, coarse *momen-tofu* is used for *aegoromo* but it should still be drained of excess water.

There are many ways to do this, but one of the easiest is parboiling

**Chicken and Vegetables. Chikuzen-style***(chikuzenni)***Ingredients** (Makes 4 serving)

- 120g white radish (*daikon*)  
 40g carrot  
 40g Japanese mushroom (*shiitake* Raw)  
 60g burdock  
 40g konjak (made from fine powder)  
 60g taro (*satoimo*)  
 60g chicken  
 20g green beans (*sayaiingen*)  
 20g soy sauce  
 8g sweet *sake* (*mirin*)  
 10g sugar  
 0.8g salt  
 8g vegetable oil  
 200g *dashi* stock

**Nutrition Information per Serving**

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
86	4.4	2.7	11.4	29	0.6	2.5	1.0

## Directions

1. Soak the dried shiitake mushrooms in cold water to soften it.  
Chop off the stems and cut diagonally in half.
2. Cut the devil's tongue into bite-sized pieces.
3. Sprinkle a pinch of salt on the devil's tongue pieces. Rinse with cold water.
4. Place the devil's tongue and water in a pot and bring boil.
5. Reduce the heat to medium and simmer for 5 minutes.
6. Cut the peeled carrot, lotus root and boiled bamboo shoots.
7. Cut the burdock and submerge in water mixed with vinegar for 5 minutes and rinse in cold water.
8. Cut the chicken into cubes. Pour *sake* over the cubes to eliminate the odor. Let stand for 2 minutes.
9. Heat the oil in pot; add burdock, lotus root, carrot, devil's tongue, bamboo shoots and *shiitake* and fry over a high heat.
10. Add *mirin*, sugar and salt and simmer to ensure all the ingredients are seasoned thoroughly.
11. Cook until the simmering liquid is reduced and almost drain.

### **More about Japanese Food Guide Spinning Top (1):**

The Dietary Guidelines for Japanese, released in 2000, provide the basics of a healthy diet for the people of Japan. In July 2005, the Ministry of Health, Labour and Welfare and the Ministry of Agriculture, Forestry and Fisheries of Japan jointly released a new pictorial guide, The Japanese Food Guide Spinning Top, to help people implement the Dietary Guidelines for Japanese.

## Simmered Soy beans and *Hijiki* seaweed

(*mamehijiki*)

### Ingredients (Makes 4 servings)

- 40g soy bean (boiled)
- 12g bud *hijiki* seaweed
- 50g deep fried bean curd  
(*aburaage*)
- 100g *dashi* stock
- 13g sugar
- 27g soy sauce
- 9g sweet *sake* (*mirin*)
- 7g *sake*
- 6g vegetable oil
- 100g carrot



### Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
82	3.6	4.9	5.9	70	1.8	1.6	1.1

**Directions**

1. Wash the *hijiki* thoroughly and soaked it in the water to soften it.
2. Cut the *hijiki* into bite length and place it in the colander to drain it.
3. Put the deep-fried bean curd into hot water to remove oil.
4. After drain, cut it into half (around 5mm).
5. Place soybeans into the colander and wash it through the boiled water.
6. Fry the *hijiki* and add fried-*tofu*, soybeans and seasonings immediately.
7. Cook over the medium heat until the broth is almost eliminated.
8. Arrange it in a dish.

**More about Japanese Food Guide Spinning Top(2):**

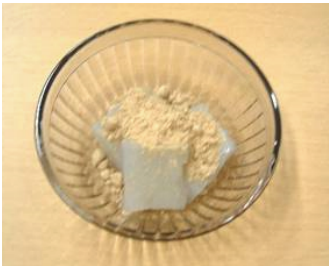
It guides people as to what kinds and how much food they should eat each day to promote health. The aim of the Japanese Food Guide Spinning Top is to provide recommended food choices and quantities for a healthful diet that can be easily adopted by the Japanese public.

The food guide is connected to the traditional Japanese meal of grain dishes (*syushoku*), soup (such as *miso* or *sumashi shiru*), fish/meat dishes and vegetable dishes (*hikusai*), and side dishes (*tsukeawase*).



**Arrowroot cake**

(*Kudzu-mochi*)



**Ingredients** (Makes 4 Servings)

*Kudzu-mochi*

- 80g potato starch  
(*kudzu starch*)
- 320g water
- 32g sugars
- 40g soy bean powder (*kinako*)

**Black syrup (Brown sugar syrup)**

- 60g brown sugar lump
- 48g water

Nutrition Information per Serving

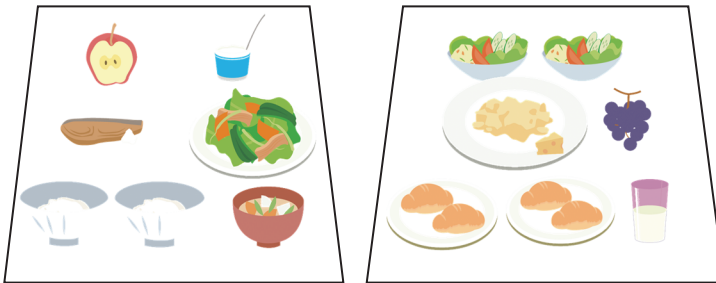
Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
197	3.8	2.4	41.6	65	2.0	1.7	0.0

**Directions**

1. Mix the *kudzu* starch and sugar and water in a pan with a wooden spatula.

2. The thin, milky mixture will gradually thicken and turn transparent.
3. When half of the mixture has turned transparent, remove the pan from the stove and continue stirring off the heat until the mixture is nearly all transparent.
4. Return the pan and simmer for 2 minutes on low heat.
5. Pour the mixture into square-shaped container.
6. Slice the jelly with moistened knife. Arrange the jelly on a plate and serve with the sweet brown sugar sauce topping.

**We have to consider how to have a well-balanced diet.**



To eat healthy, we should let this guide our choices, and eat (from most to least): Grain dishes, Vegetable dishes, Fish and Meat dishes, Milk and Fruit. The Japanese Food Guide Spinning top makes it easy to choose the right foods and amounts for our meals. Other countries have their own food guides.

**Maccha jelly with sweet red bean sauce**

(Maccha jelly Ogura Ankake)

**Ingredients** (Makes 4 servings)

**Maccha jelly**

- 2g green tea powder  
(*maccha*)
- 26g sugar
- 2g seaweed agar
- 300g water



**sweet red bean sauce (*ogura an*)**

- 80g *Adzuki* beans
- 56g sugar
- 0.2g salt

**Nutrition Information per Serving**

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
148	4.2	0.5	32.3	17	1.2	3.8	0.0

**Directions**

1. **Matcha Jelly** Soaked the washed *adzuki* beans in plenty of water.

2. Boil the *adzuki* beans over a high heat. When it comes to boil, add some cold water.
3. Simmer over low heat until the *adzuki* beans are soft that they can be crushed with fingertips.
4. Remove from the heat.

### **Sweet Red Bean Sauce (*Adzuki* bean paste)**

1. Add sugar for about 3 times and simmer while stirring until all the liquid is g Add water, agar and sugar in the pot and bring it to boil.
2. Reduce the heat and then continue boiling for another 3 minutes.
3. Mix green tea powder (*maccha*) into 100ml of water.
4. Add the mixture into the pot and leave it to cool.

#### **Mizuta museum collection**



Cherry Blossom flavored Rice cake

(sakura-mochi)

Ingredients (Makes 4 servings)

Rice cake

- 100g Glutinous rice powder (Domyojiko)
- 150g water
- 28g sugar
- 0.2g red food coloring



Adzuki bean pasta (tubu-an)

- 80g Adzuki beansBoiled, canned in syrup
- 56g sugar
- 0.2g salt

Salted cherry leaf for decolation

- 8 leaves salted cherry leaf

Nutrition Information per Serving

Energy	Protein	Lipid	Carbo- hydrate	Calcium	Iron	Dietary fibers	Salt
kcal	g	g	g	mg	mg	g	g
221	2.7	0.3	51.8	4	0.4	0.9	0.0

### Directions

1. Soak the preserved cherry blossom leaves in water to remove the excess oil.
2. Boil water and sugar in a pot. Sprinkle *domyojiko* into the pot. Mix the ingredients lightly with rice scoops.
3. Add red food coloring to turn the batter to a pale pink color.
4. Boil for another 7 minutes and close the cap, leave it to steam for 30 minutes.
5. Divide the batter (pink dough) into 16 parts, use the back of the spoon to spread the batter into a thin circle. Wraps *tubuan* in it.
6. Roll the filled pink dough with hands gently.
7. Dry the cherry blossom leaves and wraps the pink dough with the leaf.

#### ***Washoku* is Japanese culture**

Because our tastes have expanded, it will be hard to go back to our former diet. However, if we want a healthy life, we cannot help but have a diet that is closer to Japan's former diet (*Washoku*). Following the dietary guide can help us making the choice to eat and be healthy.

*Washoku* is composed of some aspects, and these intend Japanese culture. To understand *Washoku* is as same as to understand Japanese culture.

Author's remarks:

Y. Sannomaru

It is my great pleasure to publicize Japanese Food Culture: *Washoku*, by writing this book in English. This recipe book carries Japanese meals, in accordance with its basic components, staple food (rice), one soup and three side dishes, with various cooking styles. This combination is called *Ichiju-San-Sai* (one soup and three dishes).

The criteria for taking a recipe in this book are following two viewpoints; a dish with good nutrient, and, that can be prepared simply. These recipes were taken from the ones which have been utilized in the cooking exercises by the students of the Department of Clinical Dietetics and Human Nutrition (DCN), Faculty of Pharmaceutical Sciences, Josai University, for registered dietitian-to-be. It will be my pleasure if you can enjoy *Washoku*, your own *Ichiju-San-Sai*, by selecting your favorite dishes from each of cooking styles.

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